

## 1200 CALORIE DIET

*A one-day example of a 1200 calorie eating plan for extreme weight loss. We do not recommend that you follow a 1200 calorie diet for more than two weeks. Contact The Green Ward directly for additional advice on weight loss.*

<b>BREAKFAST</b> (275 kcal)	<i>(Drink water with lemon and ginger on rising)</i> Omelette (4 whites & 1 yellow) with bell peppers, onions and choice of lean meat filling
<b>SNACK</b> (80 kcal)	1 apple or banana
<b>LUNCH</b> (300 kcal)	1 Grilled chicken breast or turkey breast with 1 small sweet potato and large mixed salad
<b>SNACK</b> (125 kcal)	15 almonds or 5 walnuts
<b>DINNER</b> (250 kcal)	Baked salmon fillet or 2 cod pieces with broccoli, asparagus and kale
<b>SNACK</b> (170 kcal)	2 level Tbsp of natural peanut butter or 4 Tbsp of live yogurt with teaspoon of raw honey

### TIPS

- *Drink 2-4 litres of spring water spread throughout the day*
- *Can drink as much green tea as you like*
- *Can eat as much green veg as you like*
- *Avoid artificial sweeteners and processed foods*
- *Can have one coffee per day (ground percolated)*

